ABSTRACT OF THE DISCLOSURE

A method (300) in a wireless communications network infrastructure entity, including determining (310) that a wireless communications device has discontinued transmission on an allocated channel, indicating (340) to the wireless communications device whether the channel allocation to the wireless communications device is extended for example, using rate control information transmitted to the wireless communications device after the wireless communications device discontinued transmission. The transmission rate for the extended channel allocation may be changed based on the transmission rate control information or based on secondary transmission rate information.